

Technical Specifications	
Input volts	AC 220v-240v - 50 Hz - 90 Watts
Output volts	DC 36 Volts
Time range	1-60 minutes
Temperature range	30°C to 45°C
Maximum Temperature	48°C
Wavelength	90% - 8μ - 15μ (FIR)
Size	60 CM x 150 CM
Weight	3 Kg. (6.6 lbs)



(LVD): EN 60335, EN 60335;  
(EMC) EN 55014-1, EN 55014-2; EN 61000

CE certificate of conformity for EMC, LVD, and all applicable EU Electrical Safety standards

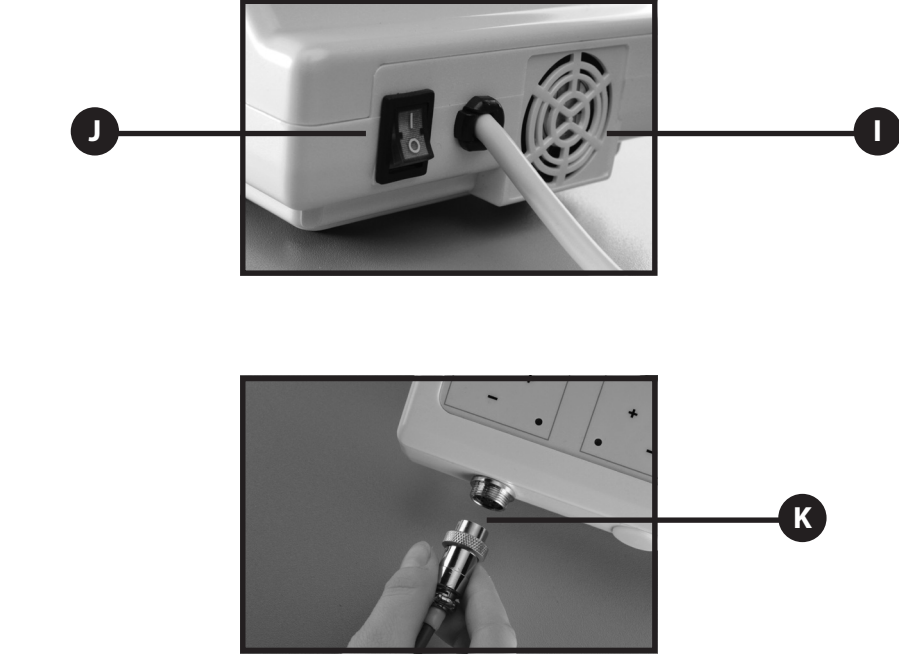
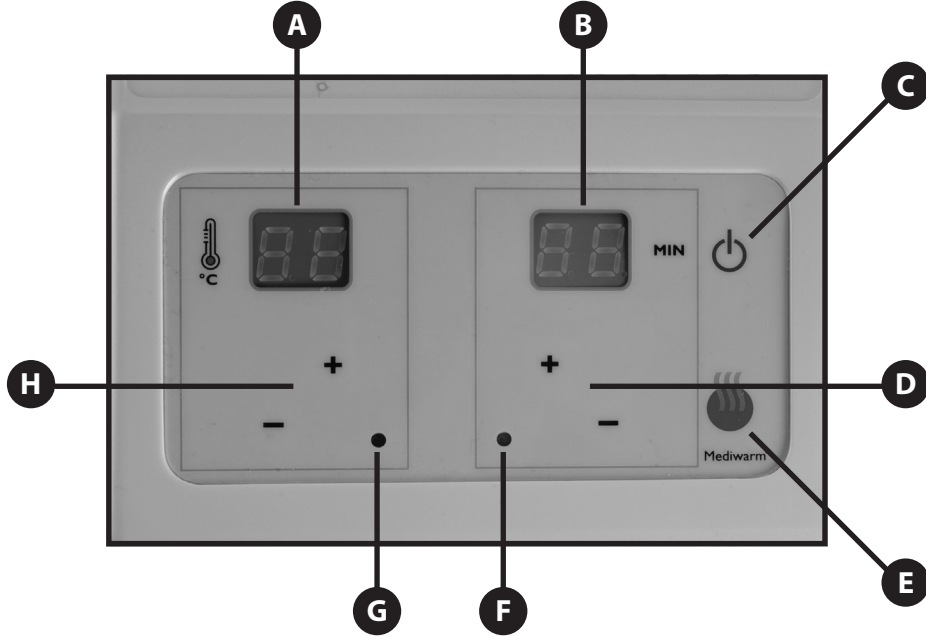


**Mediwarm® Model: CP-220-B1**



**User Manual:  
Electric Thermal-Mat Appliance  
with Far-Infrared Rays**





Product Certification Body  
INSTITUTE FOR TESTING AND CERTIFICATION, Inc.  
Zlín, Czech Republic

## CERTIFICATE

No 08 0848 T/TC

confirms that the product

**Electric thermal blanket, model CP 220-B1**

**CARP s. r. o.**

Břichtova 816, 152 00 Praha 5, Czech Republic

complies with the applicable essential requirements of the Directive 2006/95/EC on electrical safety as amended that have been implemented into the following harmonized European standards:

- EN 60335-2-17 : 2002 + A1:2006 Household and similar electrical appliances - Safety, Part 2-17: Particular requirements for blankets, pads and similar flexible heating appliances
- EN 60335-1 : 2000 + A1:2004 Safety of household and similar electrical appliances Part 1: General requirements
- EN 50366-2003 + A1:2006 Household and similar electrical appliances - Electromagnetic fields - Methods for evaluation and measurement

Taking into account the intended use, the ITC Products Certification Body has conducted, with successful results, the type-examination of the certified product according to relevant parts of the above mentioned Directives and European standards.

The product description, documents, assessment procedures, and evaluations of the examination are presented in the Final Report No 3141 000041, 2008 that is enclosed to this Certificate.

The validity of this certificate can be verified in a database on [www.itczlin.cz](http://www.itczlin.cz).

- It applies only to the above referenced models of the product.
- It does not imply that the Certification Body has performed any surveillance or control of its manufacture.
- The manufacturer shall assure that all products of the respective model as described in the type-examination certificate are manufactured under the same conditions, the harmonized standards or relevant legislation are changed but until the date of expiration at the latest.
- After fulfilling the relevant EU legislation requirements, the manufacturer shall affix to each product, of the above referenced models, the CE marking according to this example:



Date of issue: December 10, 2008  
Date of expiration: December 31, 2011  
Mr. Pavel VANĚK  
Head of the Certification Body



NOTIFIED BODY No. 1023  
Institute for Testing and Certification, Inc., Zlín, Czech Republic

## CERTIFICATE

(Statement of the Notified Body No. 1023)

No. 08 0847 CN/NB

issued in compliance with the Annex III of the European Parliament and Council Directive 2004/108/EC (EMC), which is implemented by the Czech Government Order No. 616/2006 (Collection of Laws), certifies that the product

**Electric thermal blanket, model CP 220-B1**

distributed by company

**CARP s. r. o.**

Břichtova 816, 152 00 Praha 5, Czech Republic

fulfills the essential requirements specified in the Annex I of the Directive 2004/108/EC, as they are stated in the harmonized standards

- EN 55014-1 : 2006
- EN 55014-2:1997 + A1:2001
- EN 61000-3-2 : 2006
- EN 61000-3-3 : 1995+ A1:2001, A2:2005

The Notified Body No. 1023 has reviewed of the above-mentioned products technical documentation and ascertained that this documentation properly demonstrates the fulfilling of the requirements of Directive. The detailed description of the examination and evaluation of the examination is presented in the Final Report No. 08410002/2006, which is enclosed to this Certificate.

This Certificate is issued under the following conditions:

- It applies only to the above referenced models of the products and to the specified aspects of the Directive 2004/108/EC essential requirements
- It does not imply that the Notified Body has performed any surveillance or control of its manufacture.
- The manufacturer is obliged to assure fulfilling of all essential requirements aspects of the Directives and to ensure that the products of the above listed models are manufactured under the same conditions, the harmonized standards or relevant legislation are changed but until the 19<sup>th</sup> November 2013 at the latest.
- The Certificate remains valid until the design or manufacturing technology of the approved product models is changed but until the 19<sup>th</sup> November 2013 at the latest.
- After fulfilling of all relevant EU legislation requirements, the manufacturer shall affix to each product, of the above referenced models, the CE-marking according to this example:



Issued in Zlín, on 19<sup>th</sup> November 2008  
RNDr. Radomír Čevlík  
Representative of the Notified Body No. 1023

## FAULTS AND REMEDY

The device is equipped with a safety shut off in the event of voltage surges or electrostatic discharge. It is rare when these situations occur however, if it does, the unit will shut off automatically - it may be necessary to reset the controller to restart.

### How to restore operation in the event of a fault

1. Turn off the Main Power Switch at the rear of the unit and wait for 60 seconds.
2. After 60 seconds, turn the Main Power Switch to the "ON" position.
3. Press the green Controller button on the front of the controller and set the time and temperature.
4. Restart the cycle by pressing the Mediwarm® button.

## CLEANING

Clean the Thermal-Mat after using ONLY using alcohol or a wet cloth to keep it hygienic and durable. Always let the Thermal-Mat dry before storage. Don't use any other chemicals



## DISPOSAL

This appliance is labelled in accordance with European directive 2002/96/EG concerning used electrical and electronic appliances. The guideline determines the framework for the return and recycling of used appliances as applicable throughout the EU. Please contact your local authorities for Disposal instructions.

## GUARANTEE

The Mediwarm® Electric Thermal Mat Appliance Model CP 220-B1 is Guaranteed for period of two years from date of purchase against product defects under Czech consumer laws, and EU consumer regulations DIRECTIVE 1999/44/EC. Product Damage caused by consumer misuse, or product damage cause by failure to follow instructions correctly, is not covered. Please contact your dealer or Mediwarm Products, CARP SRO PRAHA at Email: service@mediwarm.com for repair return information. www.mediwarm.com.

## FEATURES

- 36V DC low voltage power supply to the Thermal-Mat means virtually no AC EMF penetration of the body during a session.
- Imbedded microcomputer chip in the Thermal-Mat ensures precise temperature control.
- Adjustable temperature range between 30°C and 45°C.
- Adjustable time range from 1 Min. to 60 Min.
- Advanced FIR Heating Technology with high heating efficiency.
- Convenient soft carrying case for storage and transport.
- Automatic shut off at end of set time.
- Safety shut off in the event of voltage surges or electrostatic discharge.
- Dual layer water resistant pad to keep moisture away from the heating wires.
- The controller will not activate without a thermal pad connected.

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## CONCERNING THIS MANUAL

**Safety and medical instructions** in this manual are printed on a gray background.





### This is how the supplementary information is shown



### Attention symbol

**It is assumed that the user of this appliance will acquaint themselves with all the conditions pertaining to the use of this product and assume full responsibility thereof.**

**The Company does not accept any liabilities in the event of misuse whether it is for the suitability of the Mediwarm® Thermal-Mat or of the implementation of the User Manual.**

	<p>Always read operating instructions before each use.</p> <p>Always save this information for the next use.</p> <p>Do not allow persons to use this appliance without proper instructions or the User Manual.</p>
	Do not use pins or staples with the Thermal-Mat. Please inspect the Thermal-Mat each time for any damage or tears. If there is damage, contact the supplier for replacement.
	Do not wash in washing machine.
	The symbol for class II (double insulation)

## SAFETY INSTRUCTIONS

- Do not use this product as an ordinary home electric blanket and sleep on it for a whole night.
- Do not use for children, physical or mentally handicapped people, or people with lower mobility, unless supervised by a person responsible for their security.
- Always watch children. Do not allow children to use this appliance as a toy.
- Do not use appliance with damaged cable or plug.
- Never try to repair it yourself. Return to dealer for professional repairs.
- Exchange of cable or plug must only be done by authorized service shop.

## SAFETY INSTRUCTIONS

- Only use this appliance-heating Thermal-Mat with the Mediwarm controller supplied with this product and which has the Mediwarm® label.
- Do not use the appliance with a timer clock, program timers or long distance circuit activator.
- If the Mediwarm® appliance becomes damaged or used incorrectly, or if the safety shut-off is damaged and it is no longer possible to turn on the appliance, do not continue to use and return to the dealer for repairs.

## MEDICAL CONTRAINDICATIONS:

DO NOT USE MEDIWARM® FIR HEATING APPLIANCE WITH THE FOLLOWING CONDITIONS:

Haemophiliacs and anyone predisposed to haemorrhage should avoid Infrared usage or any type of heating that would induce vasodilatation, which can increase the tendency to bleed.

Pregnancy (consult your doctor)

Lupus (both types)

If you have an existing medical condition, or if you have a recent (acute) joint injuries, any other injury or joints that are chronically hot and swollen always check with your Doctor if Infrared Heat appropriate.

If you have Metal pins, rods, artificial joints or any other surgical implants, which reflect infrared rays, these are not heated by this system; nevertheless, you should consult your Doctor prior to using the Mediwarm® Thermal-Mat. Please discontinue use if you experience pain near any such implants.

The Mediwarm® Thermal-Mat is not a medical device. As with any heating appliance, should any pain occur or worsen with its use, then discontinue the use of the device and get advice from your Doctor.

## WHAT ARE THE BENEFITS OF FIR HEAT?

**Pain Relief** - FIR heat stimulates vasodilatation of peripheral blood vessels, bringing oxygen to joints, cells and tissues. This has the effect of reducing the pain from sore muscles and joints, and backaches. It is helpful in reducing pain from Arthritis and Rheumatism.

**Reducing Stress and Fatigue** - FIR heat reduces stress by loosening the muscles and relaxing the body. You will feel rejuvenated, renewed, and restored in both body and mind.

**Improving Blood Circulation** - FIR heat is absorbed by cells, causing a physical phenomenon called "resonance" in which the cells are instantly invigorated, resulting in a better blood circulation. The increased blood circulation stimulates the tiny blood vessels in the skin and causes them to expand accommodating the increased blood flow.

**Pre-massage**: Using the Mediwarm® Thermal-Mat, before a massage or physiotherapy, loosens and warms up muscle tissues allowing the therapist to perform a more effective treatment. It also provides warmth and comfort for the client during the treatment session.

**General Body Warming**: The Mediwarm® FIR Thermal-Mat is useful for warming the body after being in the cold air or warming up muscles before sports.

**Clearing Nasal Congestion**: Laying face down on the Thermal-Mat can bring a sense of warmth and increased circulation to the exposed cheeks and the front of the body. In Japanese studies, FIR therapy has been proven beneficial for asthma, bronchitis, colds, sinusitis and nasal congestion

**Improving skin texture**: FIR heat can be beneficial in improving skin texture. It can also be helpful for acne and skin problems by delivering high quantities of oxygen to the affected areas, which assists in the repair of damaged tissues.



It is recommended to drink a glass of water before a session and another glass when the session is finished so that you do not become dehydrated.

If using temperatures higher than 38°C, limit the maximum time to 60 minutes per day. Always ask seek medical advice if you are not sure

## How to use the FIR Thermal-Mat



Always lie on the Green side of the thermal mat.

The FIR system consists of a controller and a Thermal-Mat that is made of special flexible carbon fibre. The controller is used for the control and adjustment of the temperature **B** and time **A**. The Mediwarm® Thermal-Mat is used for radiating infrared heat that warms the body.

## Operation

1. Place the controller on a flat table or floor near the Thermal-Mat. Make sure that nothing is blocking the cooling fan vent at the rear of the controller. **1**



2. Place the Thermal-Mat flat on the carpet, sofa, bed, or massage table. **GREEN SIDE IS UP** The Thermal-Mat can also be used around your legs or whilst sitting in a chair. It is not recommended to place the Thermal-Mat directly on a cold floor because it will reduce the warming temperature.

3. Make sure the controller is not plugged into the wall before attaching the cable. Take the cable, which is attached to the Thermal-Mat, and insert it into the socket in the front of the controller. **2** The plug ring must be screwed tightly to the socket.

4. Connect power plug to the wall socket.

5. **Turn on the Main Power Switch** at the rear of the controller. A green light should come on. **3**

6. **Press the green Controller button C** on the front panel. The display will now be lit. To turn it off, press it again. Adjust the temperature **A** and time settings **B** by using the plus and minus buttons under the LED windows. **D H**

**1** A suggested temperature to start with is 38° C. You can always increase the temperature as you adjust to the warming effect.

**1** When no one is on the Thermal-Mat, the temperature will be less than the setting because the microchip sensor begins regulation only when someone is lying on the Thermal-Mat.

7. **Press the Mediwarm® button E to begin heating.** The red LED **C** will light. To stop the session anytime, press the red button again. Press again to resume. It takes about 12 minutes to reach 38°C degrees temperature. There is a safety feature that reduces power to the Thermal-Mat if the temperature exceeds your setting. If this happens, the red LED will begin to flash until the temperature is reduced to the setting temperature.

**1** Try pre-heating the Thermal-Mat for 10 minutes before using then select the time you want. For more comfort and warmth, it is recommended that the users cover themselves with a sheet or blanket when laying on the Thermal-Mat.

**1** If you are using the Thermal-Mat in a chair or wrapped around your legs, the temperature sensor may not read the degrees correctly.



If the Thermal-Mat becomes too warm for comfort, adjust the temperature down to where the red LED **C** flashes. This will reduce the heating.

8. When the session is completed, the timer will show (0) and the device will beep three times. To turn off the controller, press the green controller button **C** or press the Mediwarm® button **E** to start another session after you select a new time. When the controller is switched off, the fan will continue to run until the Main Power Switch at the rear is turned off. **4**



**Always wait 5 minutes for the unit to cool before switching off the main switch. 5**